

# Health Benefits

Read below to learn about the numerous health benefits from the ingredients in Uncle Wendell's herbal tea.



## Elderberries Benefits

Elderberries is used for swollen sinuses (sinusitis), colds, influenza (flu), swine flu, bronchitis, diabetes, and constipation. It is also used to increase urine production (as a diuretic), to increase sweating (as a diaphoretic), and to stop bleeding.

Elderflower is also used as a gargle and mouthwash for coughs, colds, hoarseness (laryngitis), flu, and shortness of breath. It is used on the skin for joint pain (rheumatism), and pain and swelling (inflammation).



### **Lemongrass Benefits**

Lemongrass contains substances that are thought to relieve pain and swelling, reduce fever, improve levels of sugar and cholesterol in the blood, stimulate the uterus and menstrual flow, and have antioxidant properties.



## **Chamomile Flower Benefits**

1. Reducing menstrual pain.
2. Treating diabetes and lowering blood sugar.
3. Slowing or preventing osteoporosis.
4. Reducing inflammation.
5. Cancer treatment and prevention.
6. Helping with sleep and relaxation.
7. Treating cold symptoms.



## Rosehip Benefits

Rose hip is commonly used to treat stomach problems, infections, and obesity. Rose hip contains a lot of vitamin C, so some people take it as a source of vitamin C to prevent and treat colds, flu.



## Sorrel Benefits

Health Benefits of Jamaican Sorrel Indians, Mexicans, and Africans use it as a diuretic, to thin blood, and to lower blood pressure. Jamaican Sorrel is high in vitamins and minerals with powerful antioxidant properties. It helps lower elevated blood pressure, bad cholesterol and detoxify the entire body.



## Ginger Benefits

It can reduce your risk of diabetes.

1. Is a natural way to relieve period pain.
2. Is an anti-inflammatory.
3. It can settle an upset stomach.
4. It can also curb morning sickness.
5. It may help prevent heart disease.



### **Flax Seed Benefit:**

Flax Seeds Are Loaded with Nutrients.

Flax Seeds Are High in Omega-3 Fats.

Flax Seeds Are a Rich Source of Lignans, Which May Reduce Cancer Risk.

Flax Seeds Are Rich in Dietary Fiber.

Flax Seeds May Improve Cholesterol.

Flax Seeds May Lower Blood Pressure.

They Contain High-Quality Protein.



## **Hibiscus Flower Benefits**

Historically, hibiscus tea has been used in African countries to decrease body temperature, treat heart disease, and soothe a sore throat. ...

Recent studies have looked at the possible role of hibiscus in the treatment of high blood pressure and high cholesterol.





## **Lemon Peel Benefits**

Contain high amounts of Vitamin C and calcium and thus helps in improving and maintaining bone health. It also helps in preventing bone related diseases like inflammatory polyarthritis, osteoporosis, and rheumatoid arthritis.